

October Girls Swim

2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
		1 2:45-3:15pm Dryland 3:15-5:30pm Swim	2 2:45-3:15pm Dryland 3:15-5:45pm Swim	3 2:45-3:15pm Dryland 3:15-5:30pm Swim	4 3-5:30pm Swim	5 Varsity @ Fond du Lac Bus leaves @ 6:30am	
6	3-5:30pm Swim	7 3-5:30pm Swim	8 JV and Varsity @ home vs. Edgerton Warm ups @ 4:00pm **Don't forget your secret guppy.** Parents' Night	9 2:45-3:15pm Dryland 3:15-5:45pm Swim	10 2:45-3:15pm Dryland 3:15-5:30pm Swim	11 5:30-7:00am Swim 3:30pm Homecoming Parade (meet in parking lot and bring candy to throw for the parade) Team Photo after the parade by the pool doors. Family tailgate party in the parking lot after the parade. Bring a dish to pass.	12 9pm meet in the athletic lobby for a team picture at the Homecoming dance
13	3-5:30pm Swim	14 3-5:30pm Swim	15 JV and Varsity @ home vs. Jefferson/Cambridge and St. Cat's/The Prairie School Warm ups @ 4:00pm **Don't forget your secret guppy.** Senior Night	16 2:45-3:15pm Dryland 3:15-5:45pm Swim	17 2:45-3:15pm Dryland 3:15-5:30pm Swim	18 3-5:30pm Swim	19 JV and Varsity @ Janesville Craig Bus leaves @ 7:30am
20	3-5:30pm Swim	21 3-5:30pm Swim	22 JV and Varsity @ Whitewater Bus leaves @ 3:45pm **Don't forget your secret guppy.**	23 3-5:45pm Swim	24 3-5:30pm Swim	25 8-10-10:30am Swim	26
27	3-5:30pm Swim	28 3-5:30pm Swim	29 2:45-5pm Varsity Swim 4:30pm JV Warm ups for @ home for JV Conference 5:45-8pm Varsity help with JV Conference @ home	30 3-5:30pm Varsity Swim	31 3-5:30pm Varsity Swim		

Parents' Night is Tuesday, October 8 during the 10 minute break, which is at approximately 5:45pm. Days that there are meets are a great time to seek out teachers and get extra help or retake tests after school. Remember you must maintain a 1.65 GPA, with no more than one F to remain academically eligible. Keep working hard during the month of October! Being at practices is crucial in the tapering process that happens during the post season. The more you work hard and are at each practice prior to your taper, the better your taper will work. Taking time off before a taper can inhibit the taper from working.

The end of the season swim banquet date is set for Monday, November 18 at 6:30pm at the Monte Carlo Room. At this time you will give your secret guppy one last present and reveal yourself, if you've kept it a secret the whole season!! Tickets for the banquet can be purchased in the athletic office for \$15.00 per person. Watch your e-mail for more information about the banquet as it gets closer to the date. All swimmers need to turn in their parka, bag, warm up top and bottoms, snorkel and lock when their season is finished in order to receive any awards at the banquet.